



FRED
the short of it

FRED are a five piece from Cork City, Ireland who take the anguish, angst and pain out of Rock'n'roll, opting instead to just be really good. Some journalists interpret this as 'quirky', but FRED's achievements both live and in their recorded output far exceed any 'quirky' flash in the pan.

"Like Sly & The Family Stone in a swordfight with the Flaming Lips, refereed by Brian Wilson" is how national newspaper The Irish Times described FRED. The band independently released their current album, *Making Music So You Don't Have To*, to a sold out opera house two years ago. With the release of their latest single "Good One," they have done it again. Released on June 15th, the band staged "FRED FEST" to a capacity crowds in Cork, gaining huge support from both national radio and international radio stations.

With complete indifference to lazy journalism and all things cool, FRED write and perform music they really want to hear written and performed. Musically, they acknowledge such legends as Sly Stone, Curtis Mayfield, Bill Withers and The Beach Boys as well as tipping their hat to such contemporaries as Wilco and The Flaming Lips.

With the release of their third studio album scheduled for the start of 2008, FRED's fan base both at home and abroad has grown at a rapid pace, with the band enlisting droves in the FRED army everywhere they go.

FRED returns to New York this October to play in the "Music from Ireland" showcase at this year's CMJ music marathon, alongside Fight Like Apes, Pinky, Channel 1 and Dry County.

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